

Fiesta Mix

Makes: 4 servings

Serve this mix of cereal, raisins, peanuts, and coconut at your next get-together.

Ingredients

1 cup cereal with fruit (flakes with raisins type)

1 cup bran cereal (chex type)

1 cup cereal ("O" type)

1/4 cup raisins

1/4 cup peanuts

1/4 cup shredded coconut

Directions

1. Mix cereals together in a large bowl.
2. Add raisins, peanuts, and coconut; mix well.
3. Eat it dry or with milk.

Source: Oregon State University Cooperative Extension Service, Pictoral Recipes Lynn Myers Steele, 2000 Oregon Family Nutrition Program

Nutrition Information

| Nutrients | Amount |
|-----------------------------|------------|
| Calories | 210 |
| Total Fat | 9 g |
| Saturated Fat | 4 g |
| Cholesterol | 0 mg |
| Sodium | 150 mg |
| Total Carbohydrate | 32 g |
| Dietary Fiber | 4 g |
| Total Sugars | 11 g |
| Added Sugars included | N/A |
| Protein | 5 g |
| Vitamin D | N/A |
| Calcium | N/A |
| Iron | N/A |
| Potassium | N/A |
| N/A - data is not available | |